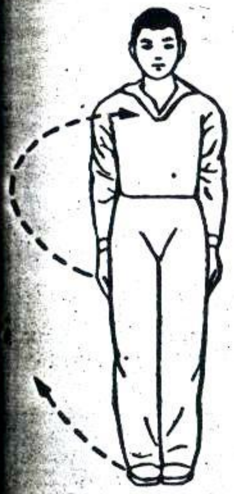
FORMA



1

2A

2B

2C

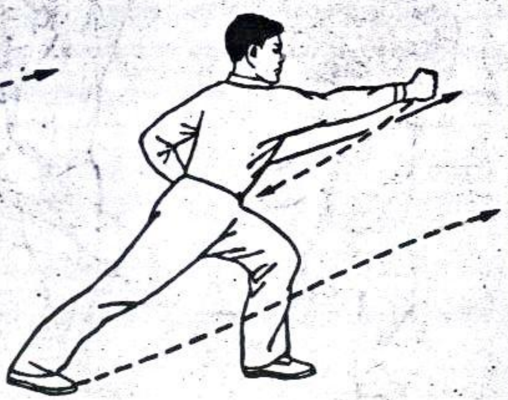
3A

3B

3C

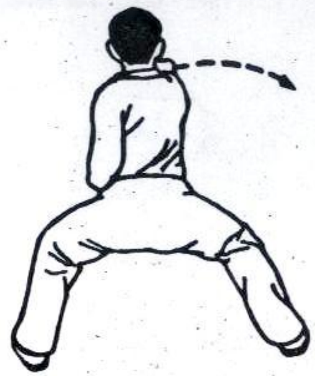
3D

4A



4B

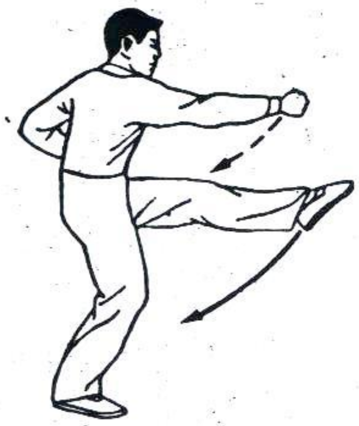
5



6

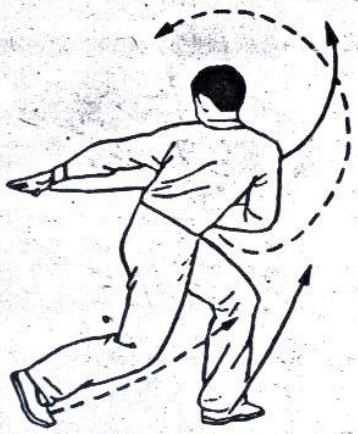
7A

7B



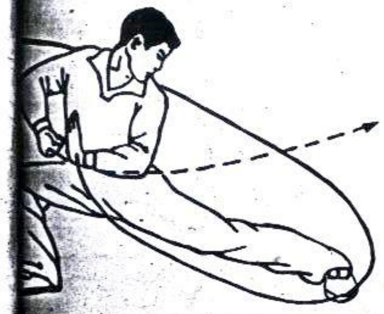
8

9A



9B

9C



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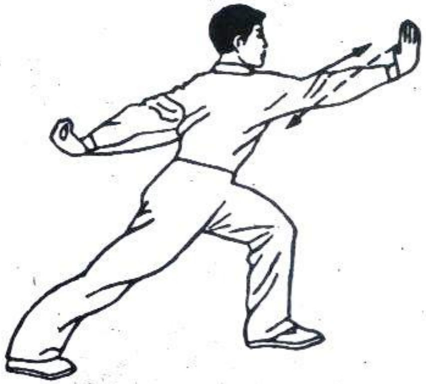


10

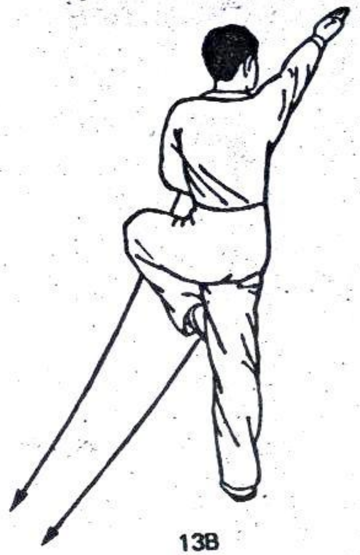
11A

11B

12A

12B

13A

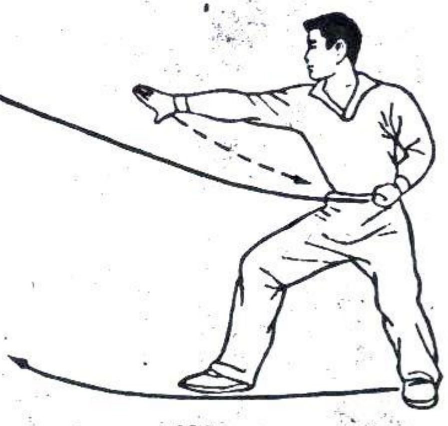


13B

14

15A

15B



16A

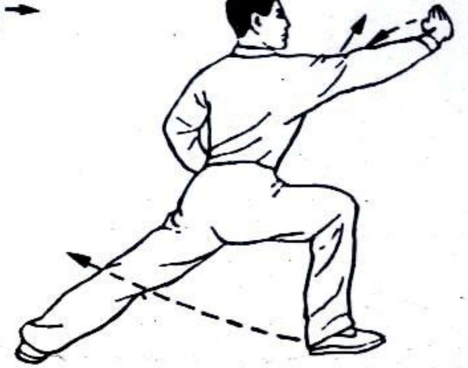
19D

19E

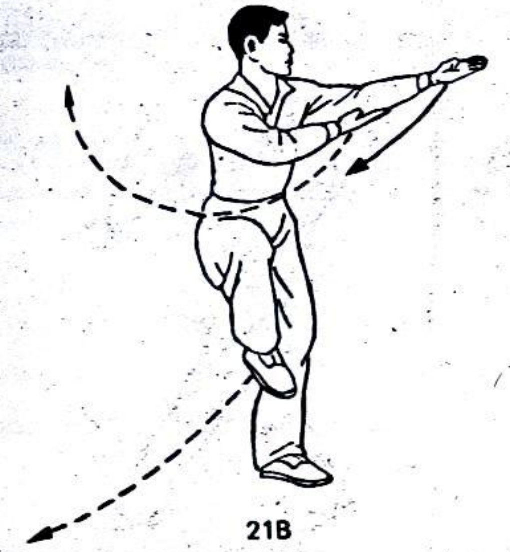
20A

20B

20C



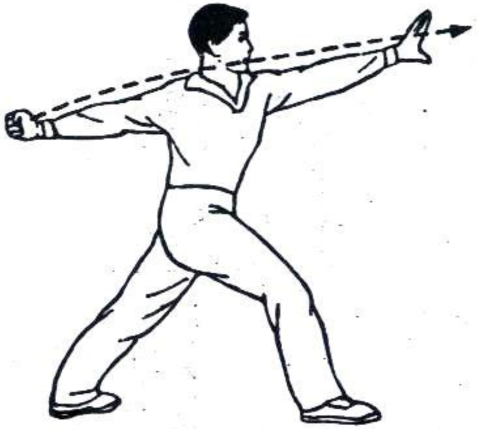
21A



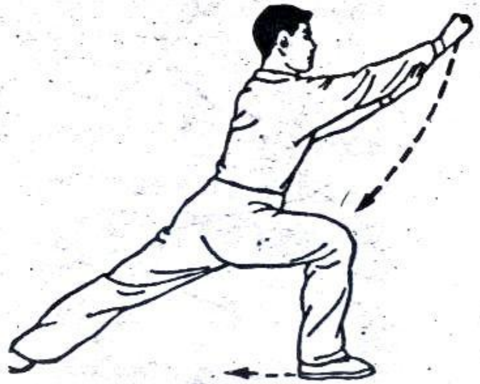
21B

21C

22A

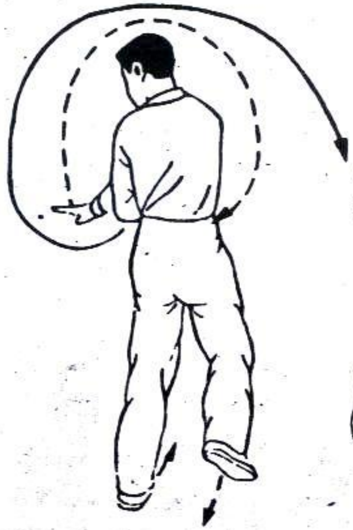


22B



22C

23A



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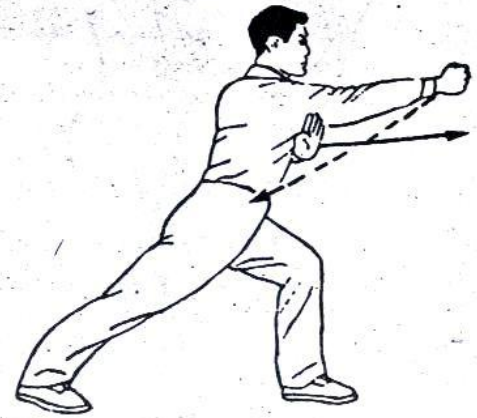
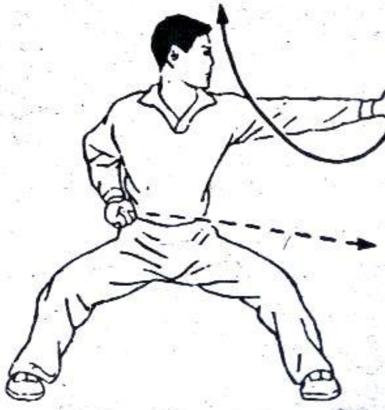
23C



23D



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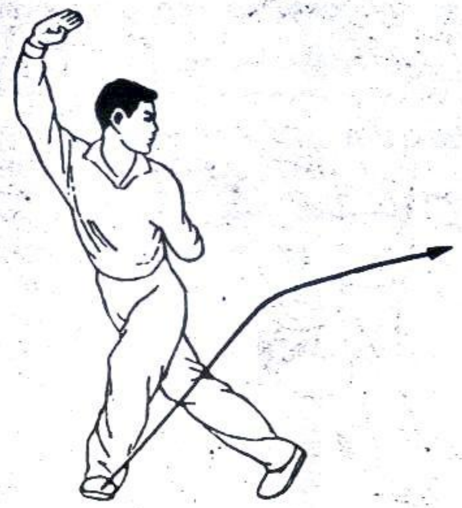
26A



26B

26C

27A

27B

27C

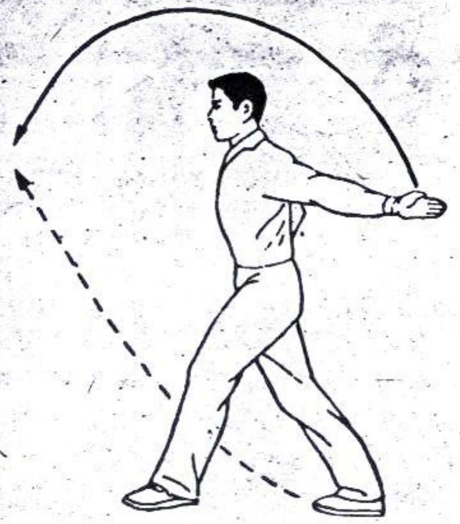
28A

28B

28C

28D

28E



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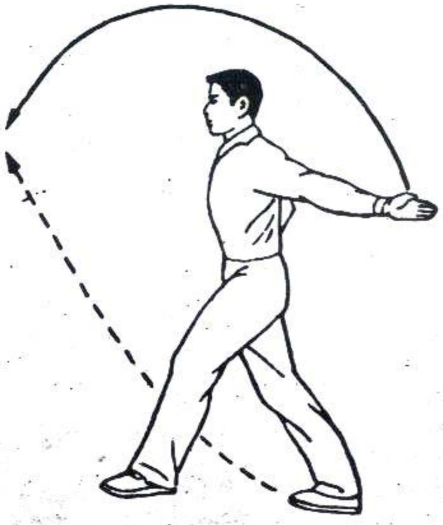
30B



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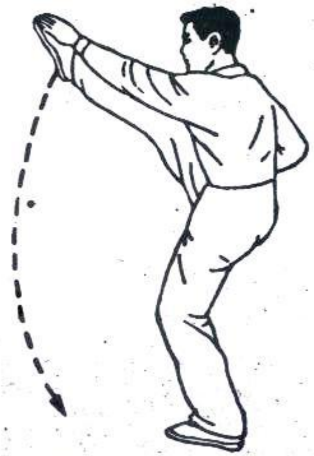
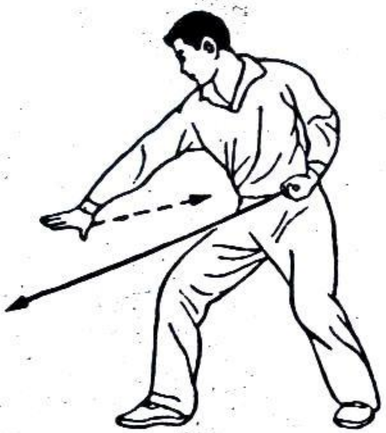


30B

31A

31B

31C



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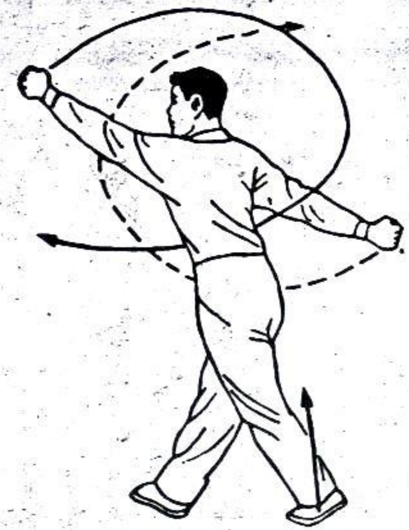
32B



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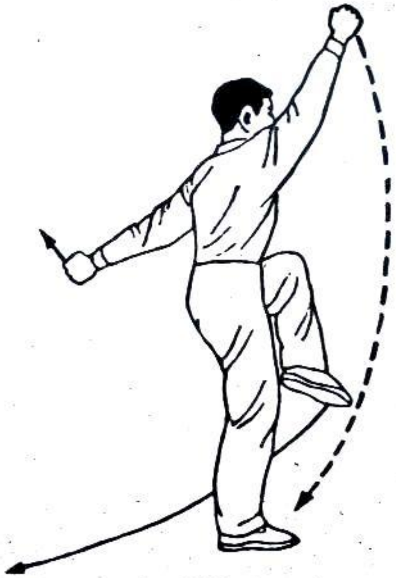

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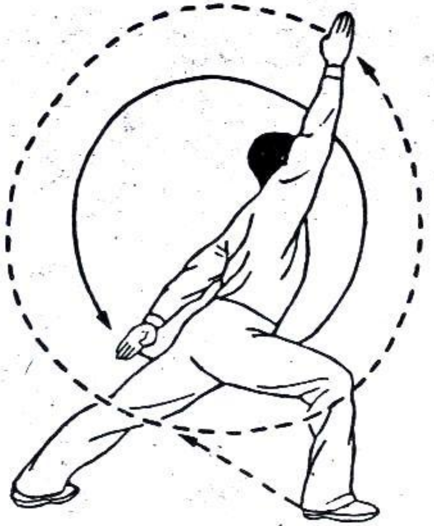
33C



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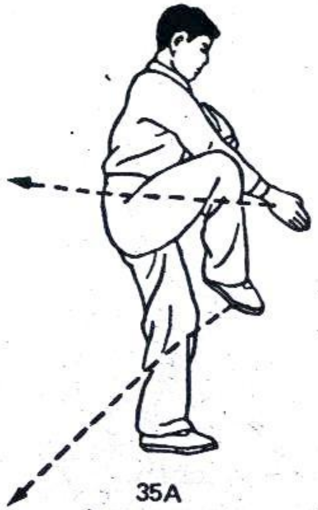
34B


35A

35B

35C

36A

36B

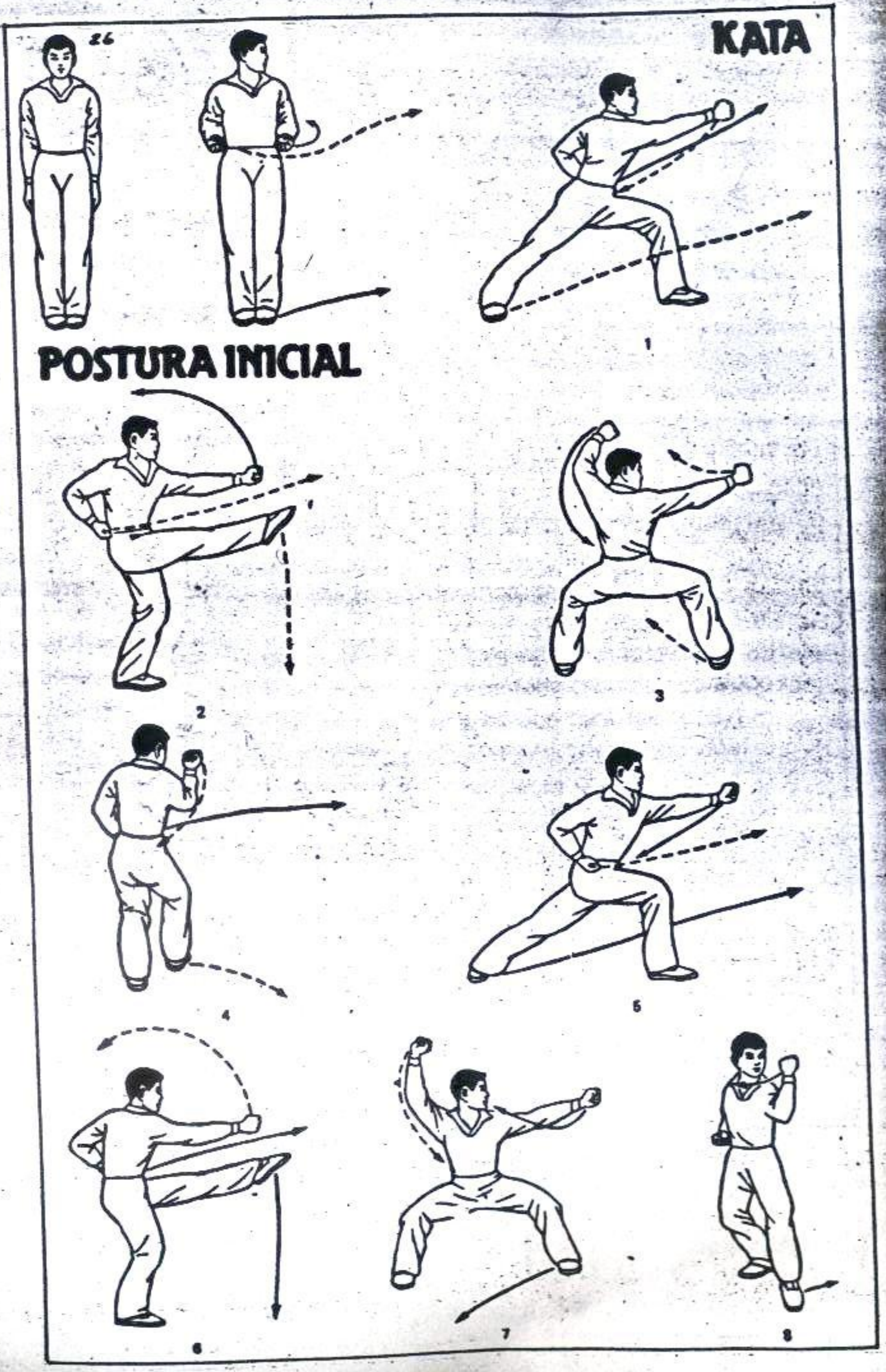
36C

37A

37B

37C

38


KATA
POSTURA INICIAL
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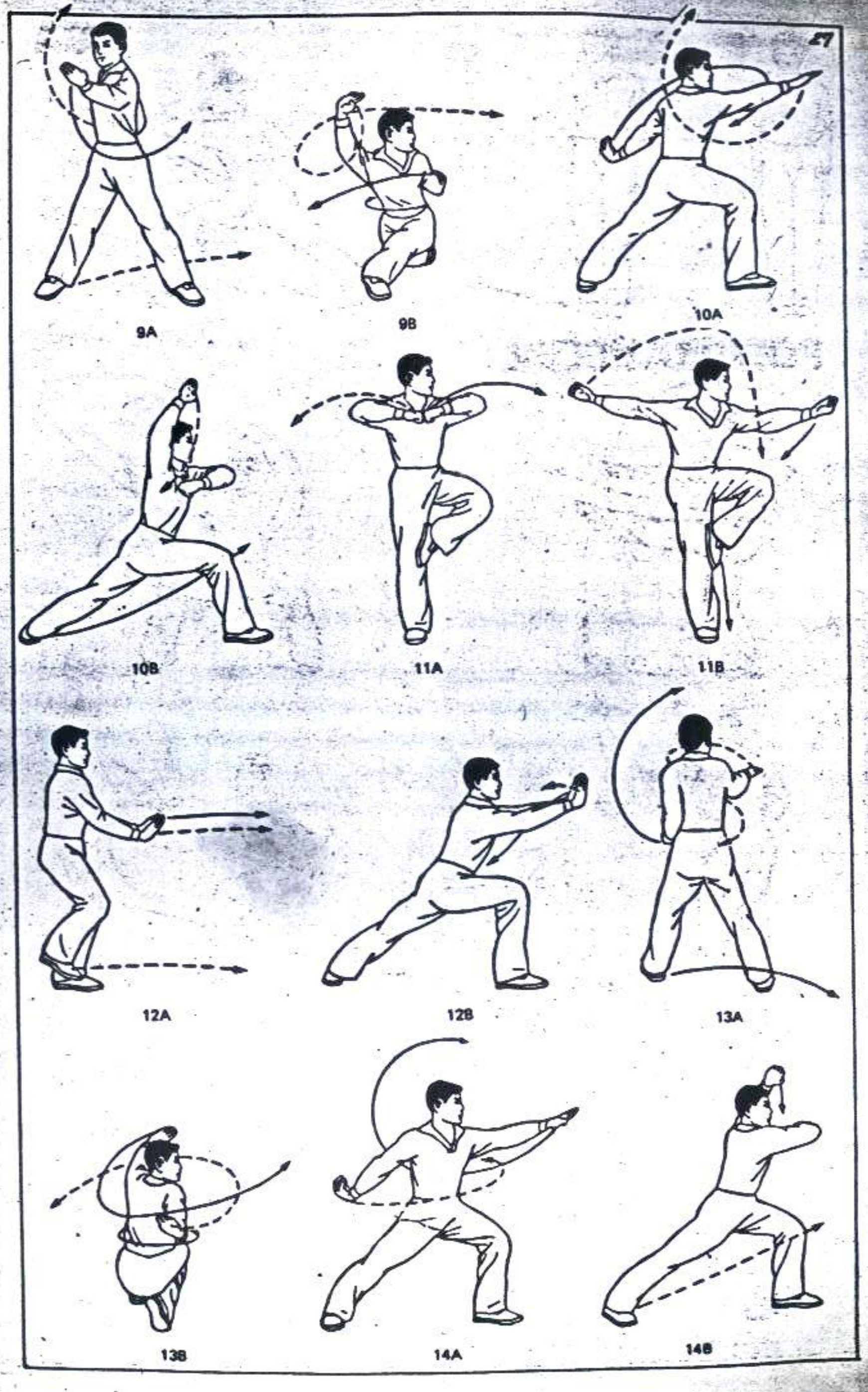
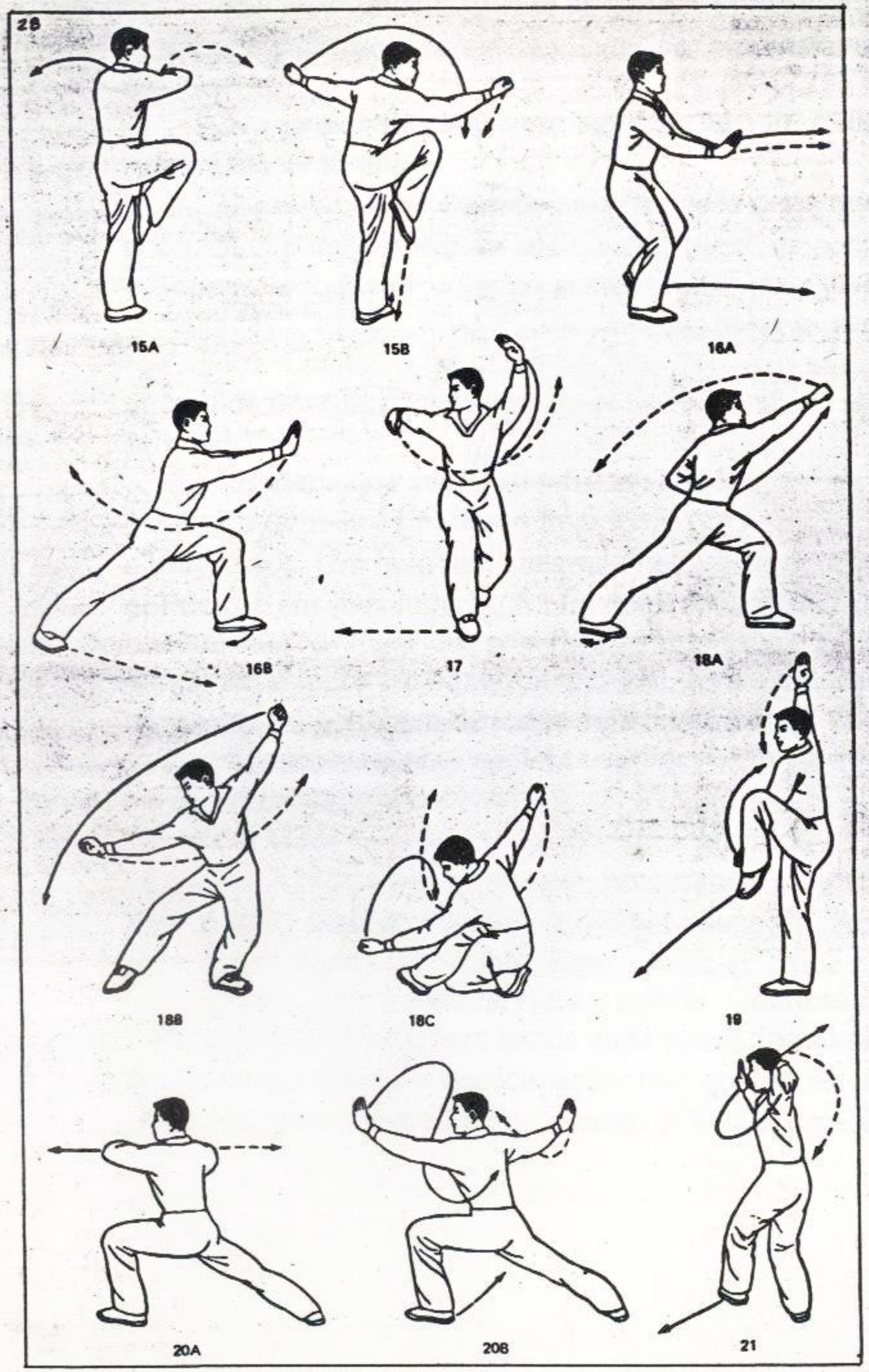
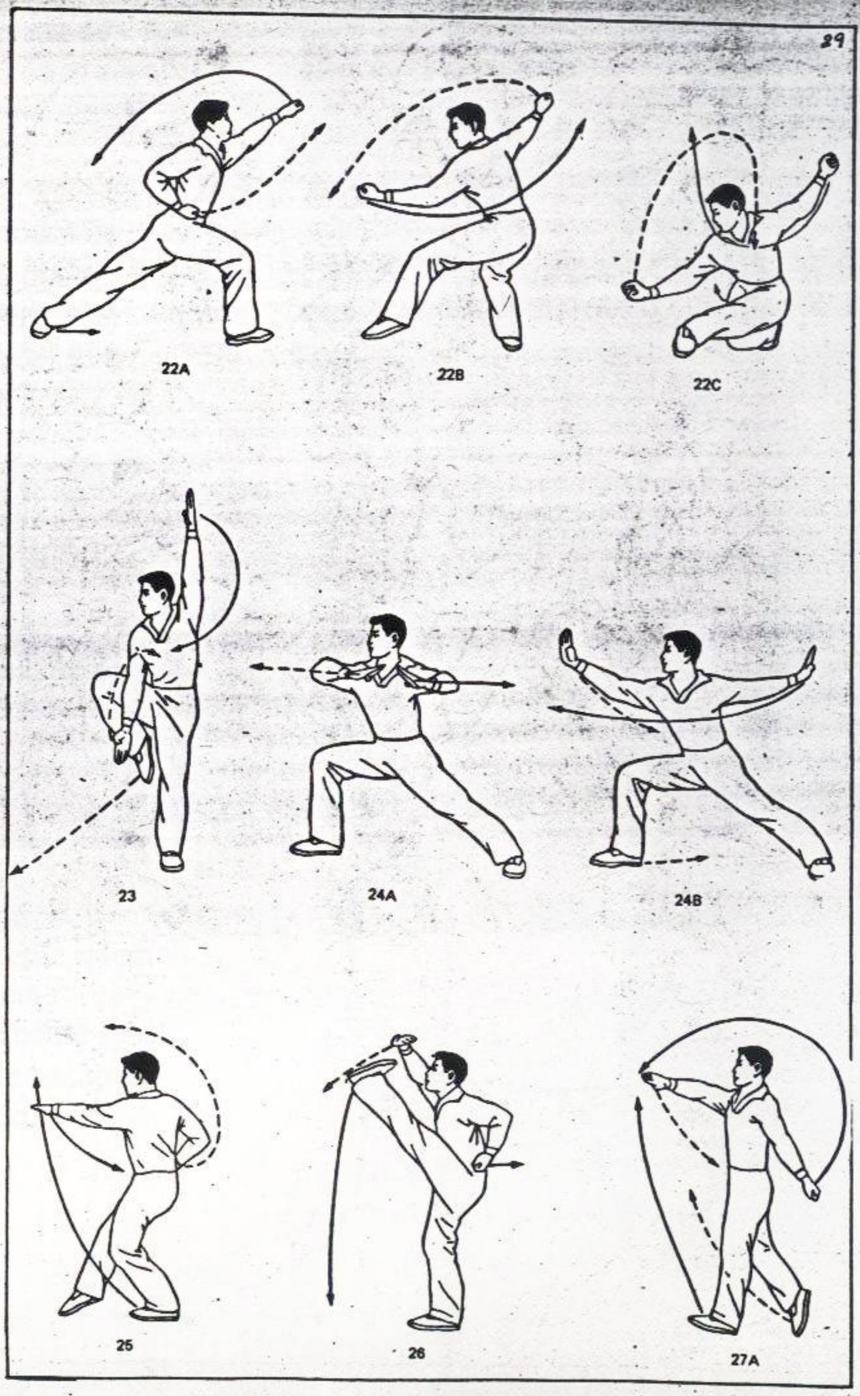
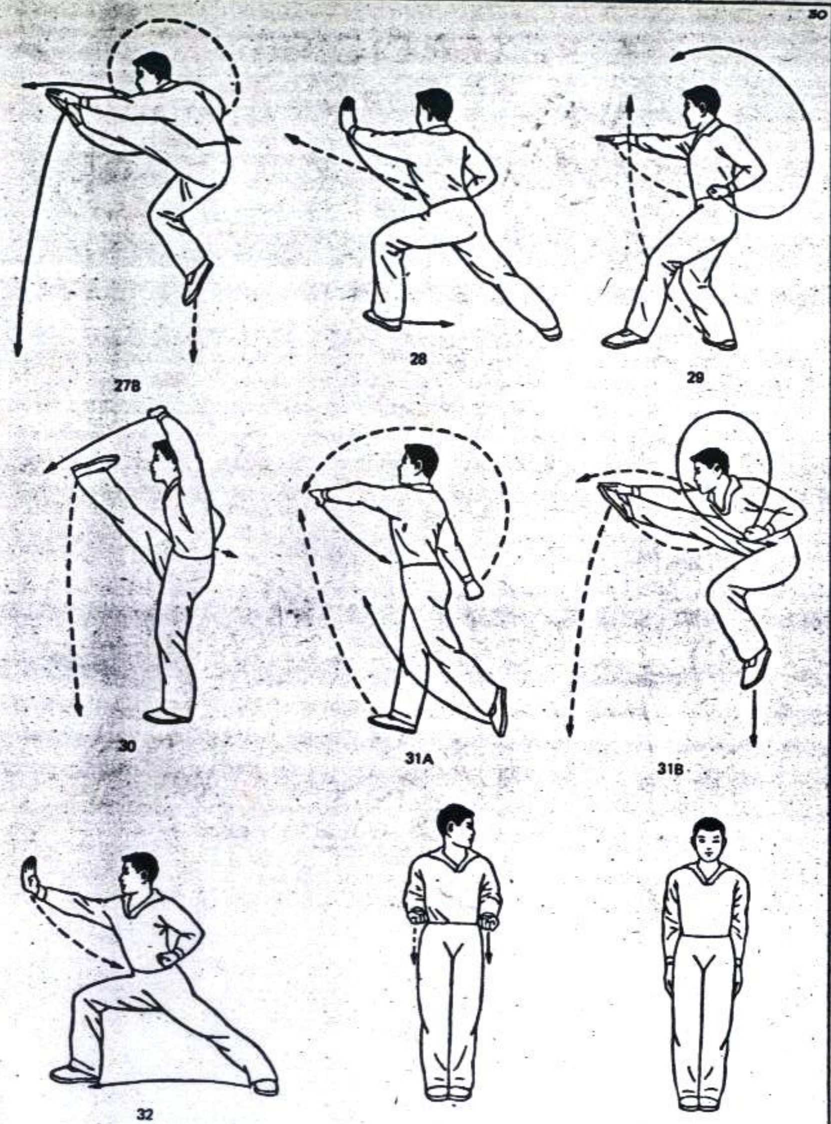
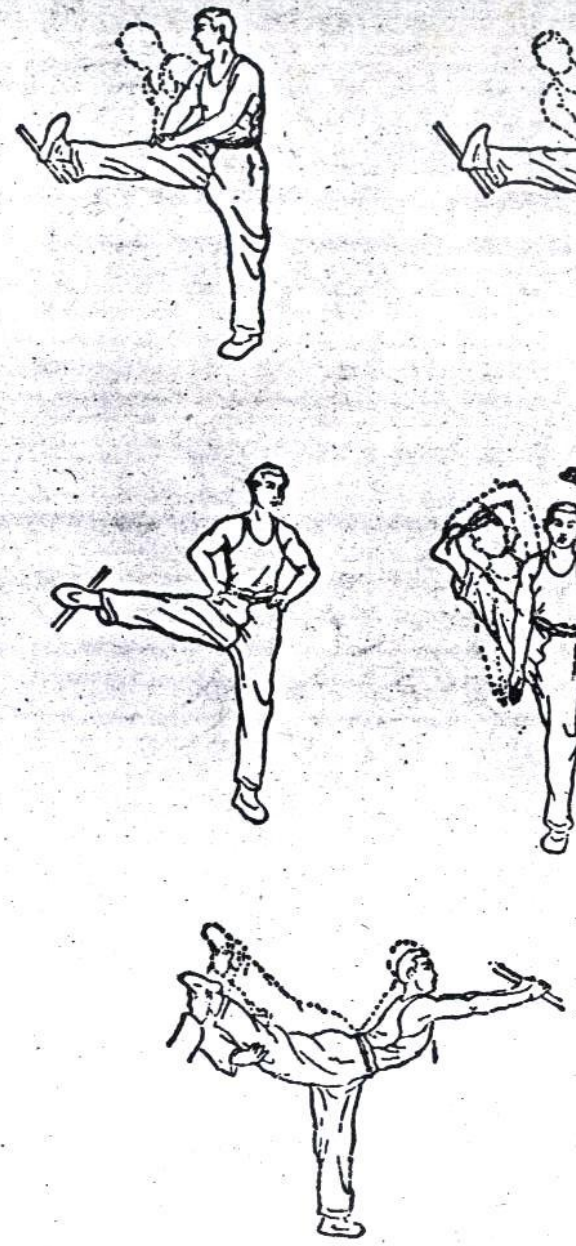

9A
9B
10A
10B
11A
11B
12A
12B
13A
13B
14A
14B

se encarrega de seu contr[illegible] educação até que atinjam sua







EXERCÍCIOS